

GLP-1 SUPPORT PLAN

BREAKFAST

DAY 1



Baked Asparagus Eggs

DAY 2



Peanut & Strawberry Chia Bowl

DAY 3



Breakfast Quesadilla

DAY 4



Pumpkin Spice Pancakes

DAY 5

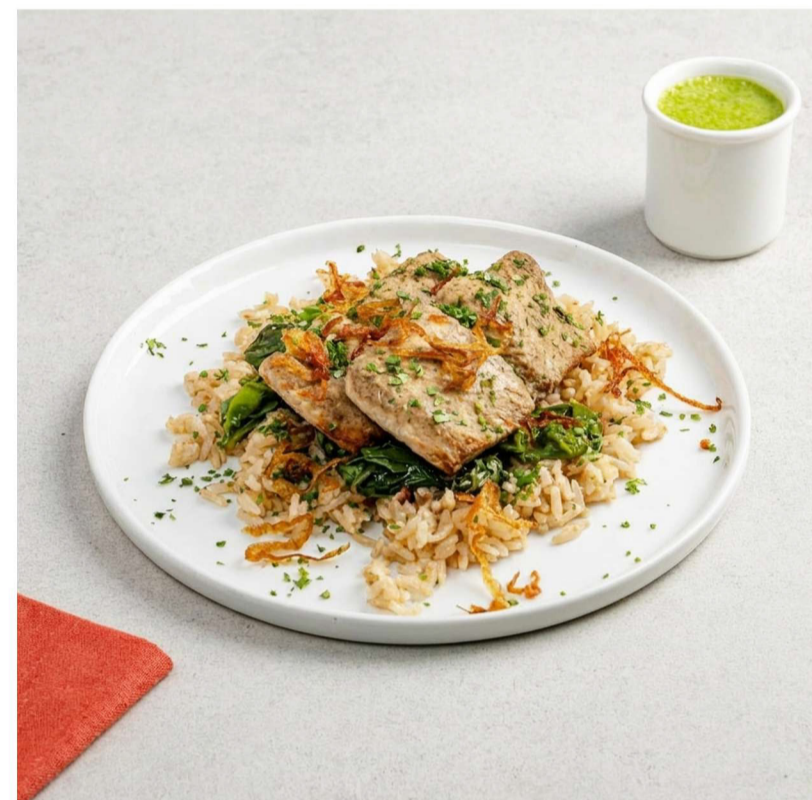


Mushroom & Egg Toast

LUNCH



Sweet Chili Shrimp Chopped Salad



Roasted Bali Fish With Brown Rice



Pulled Beef Birria



Honey Mustard Chicken Salad



Butter Chicken With Brown Rice

BOOSTERS



Berry Date Coconut Protein Bar



Citrus Curry Nuts with Chia Seeds



Chocolate Brownie



Almond Date Protein Bar



Raffaello Bites

DINNER



Grilled Chicken Robert



Chicken Shawarma Shaker



BBQ Chicken



Chicken Burrito Bowl



Tuscan Sausage Fettuccini

SIDE DISH



Spinach Zaatar Salad



Farmhouse Vegetable Soup



Loubieh bi Zeit



Fattoush



Broccoli & Parmesan Soup